

Women's Health

IT'S GOOD TO BE YOU™

NEW!

**GREAT
ABS
MADE
EASY**

**FIRM AND FLAT
» IN 15 MINUTES!**

**Super-
Healthy
New Foods**

**Couples
Less Stress,
Better Sex!**

**Eat This,
Not That—
AND STAY
SLIM!**

**Flu?
Not You!
WINTERIZE
YOUR DIET**

**Refresh
Your
Look**
page 48

**Holiday
Special**
13 PAGES OF
**THE
COOLEST
STUFF
WE COULD FIND**



SWEATPROOF SWAG FOR WORKOUT DIVAS AND ADRENALINE JUNKIES BY LARA ROSENBAUM



GET A GRIP

Dumbbells rule for toning. If only they didn't leave us with calluses like Bob the Builder's. Enter squeezable, palm-preserving **Danskini weighted toning balls** (\$15 to \$25, fitnessm.com). Available in 4-, 6-, 8-, and 10-pound hefts, they can sub in for any dumbbell exercise. Bonus: Work your core by doing side-to-side tosses with a partner.



THE CLINCHER

Aluminum Nite Ize Figure 9 rope tighteners (\$2 to \$7, niteize.com) make tying, adjusting, and undoing knots a cinch. Simply tie one end of your rope around the 9's metal loop and wrap it around your cargo (surfboard, tent poles, what have you). Next, pull the rope over the small hook to adjust tension, then wedge it in the serrated hook to secure. Done.

NICE! Help a pal hold on to her gear.



WORK OUT WITH WH

Maximize your body's fitness potential with your butt into gear in time for a big event (be it a wedding or a reunion) with our premier workout DVDs, **Train for Your Body Type** and **The Wedding Workout** (\$15 each, womenshealthdvd.com). These calorie-slaying, strength-building workouts will erase all evidence of holiday binges.

FOUR FOR THE ROAD

Send your favorite niteize.org, girl, danskini, with these standout stocking stuffers

For: The Gear Nut

Your trailblazing, mogul-cruising bud will have no problem cashing in a backcountry.com gift certificate. The site has the latest high-tech gear

and gadgets—from GPS watches to 3-ounce water-proof windbreakers—and nothing but the most sought-after brands, including Marmot, The North Face, Patagonia, and Suunto.

For: The Zen Hiker

Send someone you love (like, a lot) to the exotic Bhutanese Himalayas with Adventure Women tours. On this 2-week hiking trip, she'll visit ancient temples, dzongs, and meditation huts—all en route to a summit of 12,000 feet. \$5,095, March 30 to April 14, adventurewomen.com.

For: The Weekend Warrior

Hook her up with the wilderness gurus from EMS or REI. They offer an array of guided activities (complete with gear)—from climbing Mt. Washington (\$245 per

person, emsclimb.com), the Northeast's highest peak at 6,288 feet, to snowshoeing through stunning Yosemite (\$785, rei.com).

For: The VIP Traveler

She loves to work out but is never in one place long enough to make joining a gym worthwhile. Sign her up with gymamerica.com, a Web site that features personalized workouts, animated exercise demos, and tips from health specialists and professional athletes. The best part? Monthly membership costs less than two tall lattes—or \$42 for 6 months.

